



WORKSITE WELLNESS NEWS

VOLUME 5, ISSUE 9

MAY 2, 2013

SPECIAL POINTS OF INTEREST:

- **Save the Date:**
Health &
Safety Expo
- **Learn How to**
Recognize the
Signs of a
Stroke

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Fry Recipe
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Save the Date! 2013 Health & Safety Expo

Thursday, June 20th
10am-2pm
Brazos Center

Featuring lots of great booths, free
assessments and the Backhoe Rodeo!
All employees of the City of Bryan, City of
College Station and Brazos County are
invited to attend.



May is National Stroke Awareness

Stroke is a leading cause of death and adult disability and is up to 80 per cent preventable when risk is properly managed. One reason that stroke incidence is so high is that public awareness of it is very low, so **National Stroke Awareness Month** is a great time to reach as many people as possible with important facts about stroke.

The first step to preventing stroke is to understand what can lead to it. There are many risk factors. Some are controllable (smoking, drug and alcohol use) and others are uncontrollable (age, family history). High blood pressure is a leading cause of stroke and should be checked yearly. Other controllable risk factors include high cholesterol, transient ischemic attack (TIA), diabetes, obesity and heart conditions such as atrial fibrillation.

Warning Signs

There are many types of warning signs that indicate a person is having a stroke. Most people in the U.S. are unaware of the warning signs and how to respond by calling 9-1-1. Stroke should be treated as an emergency because there is a treatment that can be given within the first three hours after symptoms start. Recognizing stroke symptoms can be easy if you remember to think FAST.

F= Face

Ask the person to smile. Does one side of the face droop?

A=Arms

Ask the person to raise both arms. Does one arm drift downward?

S= Speech

Ask the person to repeat a simple phrase. Does the speech sound slurred or strange?

T=Time

If you observe any of these signs, then it's time to call 9-1-1.

Know the signs and be prepared.

For more information, visit www.stroke.org.

Let's Talk About Bones: Arthritis & Osteoporosis Educational Seminar

Come join us for an educational seminar
about arthritis and osteoporosis

Thursday, May 16th

Noon-1pm

MOB Basement Training Room

Presented by: Cindy Buban, P.A.,

Arthritis and Osteoporosis Clinic of the Brazos Valley

Please RSVP by emailing lward@bryantx.gov

Bring your own lunch and enjoy it while you listen!



Yummy Lemon Chicken Stir-Fry Recipe

Ingredients

- 1 lemon
- 1/2 cup reduced-sodium chicken broth
- 3 tablespoons reduced-sodium soy sauce
- 2 teaspoons cornstarch
- 1 tablespoon canola oil
- 10 ounces mushrooms, halved or quartered
- 1 pound boneless, skinless chicken breasts, trimmed and cut into 1-inch pieces
- 1 cup diagonally sliced carrots
- 2 cups snow peas, stems and strings removed
- 1 bunch scallions, cut into 1-inch pieces, white and green parts divided
- 1 tablespoon chopped garlic

Cooking Directions

Step 1: Grate 1 teaspoon lemon zest and set aside. Juice the lemon and whisk 3 tablespoons of the juice with broth, soy sauce and cornstarch in a small bowl.

Step 2: Heat oil in a large skillet over medium-high heat. Add chicken and cook, stirring occasionally, until just cooked through, 4 to 5 minutes. Transfer to a plate. Add mushrooms and carrots to the pan and cook until the carrots are just tender, about 5 minutes. Add snow peas, white scallions, garlic and the reserved lemon zest. Cook, stirring, until fragrant, 30 seconds. Whisk the broth mixture and add to the pan; cook, stirring, until thickened, 2 to 3 minutes. Add scallion greens and the chicken and any accumulated juices; cook, stirring, until heated through, 1 to 2 minutes.

Source: www.eatingwell.com



CPR, First Aid & Defensive Driving Classes

CPR & First Aid (first time)

May 31st

8am-3pm at the MSC

CPR & First Aid (renewal)

May 29th

3-5pm at the MSC



Defensive Driving

May 28th & 29th

8-11:30am



To register contact Howard Hart at hhart@bryantx.gov or call 209-5056.

Know Your Benefits

Prescription Drug Benefits

Zero \$0 Copay Program applies for both Health Plan Options 1 & 2

	PPO Option 1			HDHP/HSA Option 2
	Generic / Preferred / Non-Preferred			Generic/ Preferred/Non-Preferred
Retail Limited to 30	\$7	\$25 or 20%	\$40 or 20%	20% after deductible (In-Network) 70% after deductible (Out-Of-Network)
Mail Order & Retail 90 Pharmacy Limited to a 90 day supply	\$15	\$50 or 20%	\$80 or 20%	

\$0 Co-Payment Program

The City of Bryan wants to help you whenever possible to lower your prescription drug costs. That is why the City of Bryan covers select over-the-counter medications (OTC's) for a \$0 co-payment using your Prescription Drug Card and presenting a prescription from your doctor.

Various Generic Statin cholesterol-lowering medications are included in the \$0 Co-Payment Program. These medications are commonly used to improve different cholesterol related conditions and are provided at no cost to you. For more information on the statins covered by this program, click [here](#).

"NEW" Generic Oral Diabetic

The City of Bryan added, effective January 1, 2013, several generic oral antidiabetic medications for a \$0 copay. These medications are commonly used to control high blood sugar for the treatment of diabetes at no cost to you. For more information on the oral antidiabetic medications covered by this program, click [here](#).

If you have any other benefits related questions, contact Flo Galaviz at fgalaviz@bryantx.gov or call 979-209-5053.



Open Monday-Friday 8am-5pm
(closed from noon-1pm)

*last patient accepted at 11:30am and 4:30pm daily, walk-ins
accepted from 8-9:30am daily (acute illnesses only)

Remember: all clinic closings are posted at
http://www.bryantx.gov/wellness/?page_id=539

Call 979-821-7690 for an appointment!

There is no co-pay at the clinic and it is available to all
employees, dependents and
retirees on the City's health insurance plan.

If you have wellness news to share with others
and would like to have it spotlighted in our next
newsletter, please feel free to submit it to:

Lesley Ward
Wellness Coordinator
(979) 209-5050

lward@bryantx.gov
www.bryantx.gov/wellness

Copies of this newsletter are available in
Risk Management.